

DIRECTOR'S ANNOUNCEMENTS ABOUT SENIOR CENTER'S RESPONSE TO CORONAVIRUS (COVID-19)

Due to the predicted rise in the number of confirmed cases of the Coronavirus (COVID- 19) in Massachusetts, and the specific concerns around the vulnerability of older adults as of

AS OF MARCH 26, THE SENIOR
CENTER WILL BE CLOSED TO THE
PUBLIC AND WILL REMAIN
CLOSED UNTIL FURTHER NOTICE

We will be available by phone to:

- **answer questions**
- **provide you with information about resources**
- **provide transportation to routine medical appointments**
- **provide info about how to get deliveries of meals and groceries, medications and medical equipment**

Feeling stressed and overwhelmed? Remember it is important to take care of yourself mentally as well. Call friends or family, visit a neighbor or call us to get ideas about how to keep busy. We are here to help!

ISOLATION IS HARD ! Need to talk to someone? Call the National Disaster Distress Helpline they are available with 24/7 emotional support and crisis counseling for anyone experiencing distress or other mental health concerns. Calls (1-800-985-5990) and texts (text TalkWithUs to 66746) are answered by trained counselors who will listen to your concerns, explore coping and other available supports, and offer referrals to community resources for follow-up care and support.

We will be communicating to you regularly via email and robo calls about any changes to our re-opening date. Changes will also be posted to our Facebook page and on the city website. We will provide you with any additional information as we receive it.

If you have questions or need help with any of the above services please call us at 587-1228.

Warmly, Marie Westburg Director,
Northampton Senior Services

Proactive things you can do to keep safe & healthy and to lower risks of contracting COVID-19

- Practice excellent personal hygiene habits, including washing your hands with soap and water frequently for 20 seconds, coughing into a tissue or your elbow.
- Practice SOCIAL DISTANCING- keeping 6 feet of space between yourself and those around you, avoid
- Even if you are not ill, avoid visiting hospitals, long term care facilities or nursing homes to the extent possible. If you do need to visit one of these facilities limit your time there and keep 6 feet away from patients.
- Do not go to the emergency room unless essential. Emergency rooms need to be able to serve those with the most critical needs. If you have symptoms like cough, fever, or other respiratory problems, contact your regular doctor first.

- Stay home when sick.
- Stay away from people who are ill, especially if you are at higher risk for contracting COVID-19.
- Clean frequently touched surfaces and objects (like doorknobs and light switches) with disinfectant.
- Avoid touching your eyes, nose, and mouth.
- Get plenty of rest, drink plenty of fluids, eat healthy foods, and manage your stress to keep your immunity strong.